

Why Is Safe Sleep Needed in Child Care?

According to the American Academy of Pediatrics (AAP), more than 3,500 babies in the U.S. perish suddenly and unexpectedly every year while sleeping, often due to Sudden Infant Death Syndrome (SIDS).

Infants* are some of the most vulnerable and fragile clients in our licensed facilities. Tragically, in the last five years, there have been 43 sleep related deaths in California child care facilities. Thus far in 2019, we have already experienced multiple infant deaths within varied child care environments.

(*An infant is a child under 24 months of age.)

Bare is Best



Resources can be found on our website at: <http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Public-Information-and-Resources/Safe-Sleep>

Full proposed Safe Sleep Regulations, ORD No. 0318-03 can be found under post - hearing at: <http://www.cdss.ca.gov/inforesources/Letters-Regulations/Legislation-and-Regulations/CDSS-Regulation-Changes-In-Process-and-Completed-Regulations>

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Safe Sleep in Child Care

An abridged guide to Child Care Licensing's proposed Safe Sleep regulations for child care facilities.



Safe Sleep Regulations

CDSS utilized the California SIDS Program, American Academy of Pediatrics, and Caring for Our Children National Health and Safety Performance Standards to develop new proposed requirements and strengthen existing requirements to reduce risk of unsafe sleeping environments.

These regulations will support the importance of implementing measures in child care facilities to lower the risk of SIDS, and require safer environments and best practices for infants in care.

NEW PROPOSED SAFE SLEEP REGULATIONS AND BEST PRACTICES

- Infants 12 months or younger must be placed on their backs to sleep. Place all infants on a firm mattress with a fitted sheet that fits snugly in a crib or play yard that meets current Consumer Product Safety Commission standards.
- Do not allow infants to sleep on beds, couches, chairs, bean bags, pillows, or in other unsafe environments.
- Car seats will only be used for transportation and must not be used for sleeping.
- Cribs will be free from all loose bedding, pillows, toys and objects.
- Infants must not be swaddled while in care.
- The infant's head must not be covered while sleeping.

- All pacifiers must not have anything attached to them.
- While infants are sleeping, the caregiver will check for labored breathing, signs of overheating, flushed skin, increase in body temperature, and restlessness.
- Each infant, age 12 months or younger, will have an infant sleeping plan on file, which will cover the infant's sleeping habits, usual environments, and the infants rolling abilities.
- Infants must not be forced to sleep, stay awake, or stay in the sleeping area.

Family Child Care Home Specific Requirements

- The provider must have one crib or play yard for each infant in care
- Licensees shall check on infants every 15 minutes and doors to separate rooms shall remain open to allow visual observation.